



Ceviche

This light dish is great for lunch or to start off a meal. For added flavor, garnish with chopped fresh cilantro.

Ingredients

- ½ pound cooked small bay shrimp
- 1 cup diced cucumber
- ½ cup diced avocado
- ½ cup chopped tomatoes
- ¼ cup minced red onion
- ¼ cup frozen corn, thawed
- 3 tablespoons fresh lime juice
- 3 tablespoons prepared taco sauce
- 1 serrano chili, seeds removed and finely chopped

Preparation

1. Combine all ingredients in a small bowl and stir well.
2. Spoon into 4 small dishes and garnish with cilantro.

Makes 4 servings.

¾ cup per serving.

Prep time: 20 minutes

Nutrition information per serving

Calories 117, Carbohydrate 9 g, Protein 13 g, Total Fat 4 g, Saturated Fat 1 g, Cholesterol 111 mg,* Sodium 188 mg, Dietary Fiber 2 g

*Exceeds 5 a Day nutrition criteria